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A SHORT HANDBOOK OF COSMETICS

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A SHORT HANDBOOK

OF

COSMETICS

PRELIMINARY ANNOUNCEMENT

IN THE PRESS. READY SOON

Crown 8vo. Illustrated. Cloth

THE
PRINCIPLES AND PRACTICE
OF COSMETIC ART IN
MEDICINE

BY
DR. EDMUND SAALFELD (OF BERLIN)

TRANSLATED BY
J. F. HALLS DALLY, M.A.
M.D., B.C. CANTAB., ETC.

A SHORT HANDBOOK OF

COSMETICS

BY

DR. MAX JOSEPH

BERLIN

THIRD EDITION, WITH 151 RECIPES

AUTHORIZED ENGLISH TRANSLATION

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PREFACE

THE subject of Cosmetics has been too long neglected by the medical profession, and on this account has, unfortunately, passed into the hands of unqualified persons.

Paschkis was the first to place it on a scientific footing.

For my own part, I was delighted when I received a commission from the publishers to write "A Short Handbook of Cosmetics," for it cannot be difficult to excite the interest of most practitioners in such a theme. They, at least, need not listen to quacks, beauty specialists, and the like, in order to become acquainted with the cosmetic art.

It is of importance that the physician should acquaint himself with the subject in its main features, and I have in the follow-

ing pages endeavoured to supply a guide to his studies, as well as those of the student.

However epoch-making and praiseworthy Paschkis' work on Cosmetics was, it is, nevertheless, too comprehensive and detailed for the average practitioner or student. I have, however, noticed that it has been much employed by the participants in my post-graduate course during the past few years, so I hope that this practical epitome may prove of general interest. Besides enlarging upon the hints given by my predecessor, A. Löbel, in his second edition of this handbook, I have made free use of H. Paschkis' "Kosmetik für Aerzte" (dritte aufl., Wien, 1905), "Praktische Kosmetik für Aerzte und gebildete Laien," by Eichoff (Wien, Deuticke, 1904), and Dachauer's "Kosmetische Rezeptierkunst" (München, Gummi, 1864).

DR. MAX JOSEPH.

BERLIN.

TRANSLATOR'S PREFACE

When Dr. Max Joseph requested me to prepare an English version of his book on Cosmetics, I felt that the profession in this country might be inclined to scoff at the subjects with which it deals ; but since then I have become convinced that there is a demand on the part of many practitioners for a fuller and more scientific knowledge of the hygiene of the skin and hair, and the treatment of their minor affections.

There can be no doubt that at the present day much of the work which should fall to the lot of the medical man devolves upon such as the chiropodist, the barber, and the quack electrician, whilst those who invent and manufacture the various preparations for the hair which flood the market reap an abundant harvest also.

The reason for this is not far to seek. The family doctor, from lack of knowledge, is unable to deal with those apparently trivial matters, and his patient therefore seeks unqualified advice. It were better, from the patient's as well as from the doctor's point of view, to check such quackery as far as possible, and this Dr. Joseph has made his aim in writing the following pages. In the translation of his recipes, English measures have, for the reader's convenience, been given in every case, as well as the decimal.

D. J. G.

LANARK,
November, 1909.

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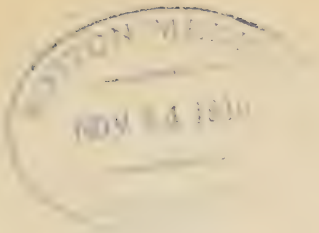

A SHORT HANDBOOK OF COSMETICS

I

INTRODUCTION

The art of beautifying mankind, as old as it is full of error, as keenly sought after by young and old as it is practised by false prophets and avaricious men of the commercial world, has long been identified with the mystery of how to renew one's youth. It seeks refuge among the various dressing-cases, the costly bottles and powder-boxes which adorn the elaborate toilet-tables of the gentler sex. But, as in case of all departments of modern social life, so also here has science penetrated into the very heart of things, and all that cannot hold its own

against the rigours of chemical investigation, or has not for its object some hygienic improvement, becomes thrown aside as useless. Over this province, too, Dame Fashion, with her ever-varying whims, reigns supreme. Still, what Medicine has reserved for herself is the care of bodily health and proper development of man's frame, and though her methods at times have become the target of severe criticism, yet in the long run she has been successful in convincing most people that health, and health alone, must form the basis of cosmetics. No longer has cosmetics for its aim and object such follies as the renewal of youth; it has become a definite branch of medical research, and has shown that the preservation of beauty is an obligation and a sacred duty which we owe to our bodies.

The interest in cosmetics need not be confined to that exclusive circle of society who are swayed by vanity, and desire to appear more than they really are. On the contrary, as civilization advances, the question of cosmetics will come more and more

to the front in all grades of society. But, alas! its spoilers lurk in a thousand ambushes. In no other domain do quacks follow their trade so shamelessly, making the embellishment of the body a sinful vanity, and therefore contrary to all lofty ideals.

Cosmetics is not a special science: it is merely a department of dermatology. Therefore the medical man will obtain good results in the art of cosmetics only if he has familiarized himself with the elements of dermatology. On this account we will not repeat what has been already set forth in the various works on dermatology. A description of the structure of the skin, of the construction of sweat and sebaceous glands, as well as of the physiology of the skin, is not the object of the following pages. Nor do we wish to work along the lines of a textbook of skin diseases. In a treatise of that nature we should endeavour to make clear the diagnosis and treatment of each disorder of the skin; but we will here take up each separate medicament, and note for which affections it is to be used.

II

COSMETICS OF THE SKIN

It is a generally accepted fact that the possession of a sound skin is a sign of good bodily health. On this hangs the important postulate that the whole man must be dealt with if we are to bring the skin into a cosmetically sound state. Its relationship with the other parts of the body must always be remembered in judging of the condition of the skin.

A healthy skin with a beautiful texture is characterized by its colour, its gloss, and its smooth surface. The colour must be pure, delicate, and fresh ; the gloss transparent and lifelike ; the surface white, elastic, and velvety.

We find remarkable and noteworthy relationships between the skin and internal

organs in certain diseases, and commonly witness the harmful influence of a malady upon the appearance and functions of the skin. The fresh, clean colour of health can only be restored by rational treatment, and the physician must investigate every system carefully, so as to arrive at the best possible means of carrying this out. In no other way may the cosmetic art be successfully practised. Though certain drugs—such as iron, arsenic, etc.—are valuable aids to treatment, I regard a regulation of the *diet* as of prime importance. For persons too heavy we must exclude all fat-forming substances, whilst in case of those who are poorly nourished we must attain our object of increasing the weight by a liberal nourishing diet. Should there be any tendency to seborrhœa and the various forms of acne, the functions of the bowels will require correction. Skin disorders very often owe their origin, not so much to an increased or diminished frequency of movement of the bowels as to the process of auto-intoxication. Putrefaction of proteid is an accompaniment of normal

digestion, but should it become excessive indican will appear in the urine, and an unhealthy condition of the skin arise. For this reason I employ, often with remarkable results, some intestinal antiseptic, such as menthol in the following form :

(1) ℞ Menthol.	...	...	0·1	gr. i.ss.
Ol. amygdal. dulc.		...	0·25	gtt. iv.

Sig. : One gelatine capsule three times a day after food.

Besides this, I tell the patient to use only what has been cooked or baked, and forbid all raw food. He may, however, take as much fat as he can assimilate. Formerly it was thought that by the use of rich fatty foods the production of sebum was increased and the skin texture spoilt, but this is not the case. Rosenfeld (*Centralblatt f. inn. Medizin*, 1906, 40) has made some interesting experiments in this connection. He put one of his students on a diet composed of meat, 250 ; cocoa, 20 ; eggs, 94 ; fat, 70 ; biscuit, 100 ; and sugar, 332.

Then the sugar was stopped, and 180 butter given in its place. With both diets the body was well nourished, and their effect on sebum excretion was as follows: During the five days of the first diet, 11·56 grammes of sebum was excreted—*i.e.*, 2·31 grammes daily; whilst in the nine days of the fatty diet, 8·59 grammes, or about 0·94 grammes a day, was the amount. Thus the excretion of sebum during the first period was three times as great as that during the second. Next to the question of diet, exercise in the fresh air is of considerable benefit to the skin. I often recommend breathing exercises, several hours' walking every day. Regular open-air exercise causes the blood to be driven more equally to all parts of the body. Skating, swimming, riding, and gymnastics are valuable, and the longer the stay in the fresh air the better.

This brings us to consider one of the most important of cosmetic agents—

1. Water.

Washing with water is the best means of preparing the skin against the daily assaults of the weather. Such ablution may best be undertaken in a room of equable temperature just before going to bed at night, special care being devoted to the face and exposed parts of the skin. In case of a sensitive skin, the water must be free from chalk and magnesia salts, and be a so-called "soft" water. Should the source of supply be a spring or be highly situated, one may free the water from chalk by prolonged boiling, or by the addition of some soda. As a rule, *borax* may be added with advantage—not only on account of its soothing action, but because it may be extensively used for the most delicate skin. It is soluble 1 in 15 of cold water. In cases of diffuse redness or vascular formation in the skin, some camphor should be added to the borax solution. Most of the cosmetic substances recommended as additions to the washing water

are little else than a perfumed mixture of borax and camphor. For example:

(2) ℞	Boracis	20·0	ʒv.
	Camphor.	1·5	gr. xx.
	Aq. dest.	250·0	℥viii.

(*Cook's Balsam of Life.*)

(3) ℞	Boracis	0·5	gr. viii.
	Glycerini	4·0	ʒi.
	Aq. dest.	70·0	℥iii.
	Ol. cortic. aurant.*	gtt. x.	gtt. x.

(*Lucien Water, recommended on account of its reputation in bestowing beauty and delicacy to the skin and face.*

(4) ℞	Boracis	12·0	gr. clxxx.
	Aq. rosar.	50·0	℥i.ss.
	Camphor.	1·0	gr. xv.
	Tr. benzoini	4·0	gr. lx.
	Aq. dest.	100·0	℥iii.ss.

(*Eau de Naples.*)

The method of using these waters is to add one or more teaspoonfuls to the ordinary water for washing. For cosmetic purposes

* Oleum corticum aurantiorum is prepared by distillation of the rind of *Citrus aurentium* (sweet orange) with water.

it is also advisable for many skins to use a wash in the evening. For instance:

(5) ℞ Boracis	2·0	gr. xxx.
Cow's milk	100·0	ʒiii.ss.
Ol. rosar.	gtt. ii.	gtt. ii.

(*Schönheitsmilch.*)

(6) ℞ Boracis	0·5	gr. viii.
Talci præp.	12·5	gr. cxc.
Glycerini	10·0	ʒiii.
Aq. coloniensis ...	12·0	ʒiii.ss.
Tinct. moschi ...	gtt. vi.	gtt. vi.
Aq. dest.	110·0	ʒiv.

(*Orientalische Schönheitsmilch.*)

When, however, it appears advisable, on account of dilated vessels on the face and hands, to resort to the use of strong astringents, we make use of *toilet vinegars*. They have a refreshing smell, and when a dessert- or teaspoonful is mixed with the washing water, draw the skin strongly together. They are especially useful for blondes with lax, tender skins. A perfect toilet vinegar is, above all, a pure vinegar, free from acetone and other impurities, perfumed with orange-

juice or rose-water. We give as examples:

(7) ℞ Ac. acetic. conc. ... 200·0 ℥vii.
Tinct. benzoin. ... 100·0 ℥iii.ss.

(*Lady's-maid's vinegar.*)

(8) ℞ Camphor. ... ... 12·0 gr. clxxx.
Ol. lavand. ... ... 7·5 ℥ii.
Ol. caryophyll. } ... āā 4·0 āā ℥i.
Ol. rosmarini* }
Ac. acetic. conc. ... 220·0 ℥viii.

(*Aromatic toilet vinegar.*)

(9) ℞ Aq. coloniens ... 250·0 ℥viii.
Ac. acetic. conc. ... 7·5 ℥ii.

(*Cologne vinegar, useful for brunettes.*)

(10) ℞ Ol. cinnam.† ... gtt. xv. gtt. xv.
Ol. caryophyll ... gtt. xl. gtt. xl.
Ol. lavand. } āā gtt. xxx. āā gtt. xxx.
Ol. citri‡ }
Ac. acetic. conc. ... 30·0 ℥i.
Spt. vini ... ... 2·0 gtt. xxxiv.

(*Aromatic English vinegar.*)

---

* In the preparation of this oil the leaves and juice of *Rosmarinus officinalis* are distilled with water.

† The best is the Ceylon variety.

‡ This oil is obtained from lemon-rinds by expression and filtration of the product.

2. Baths

naturally constitute an excellent cosmetic remedy. Cold baths may be taken daily in summer, whereas lukewarm baths, on account of their relaxing effect on the skin, should only be employed once or twice a week. It is advisable, before leaving such a bath, to wash over with cold water or use a cold douche. Cold baths harden the skin against chills, whilst warm baths make it sensitive to sudden changes of temperature.

Sometimes we can produce a favourable effect upon the general health by the addition to the bath of certain aromatic substances. Such *aromatic baths* are recommended, not only for a sensitive skin, but for slight cases of pruritus, urticaria, lichen ruber planus, and seborrhœic eczema. The simplest of these baths is made by the addition of—

(11) ℞ Mist. oleobalsamica 50-100·0 ℥ii.-℥iv.

In other cases we use *vegetable baths*. One kilo of camomile, elder, peppermint,

sage, thyme, etc., is bound up in a linen bag, scalded with about 2 to 4 litres of boiling water, pressed, and added to the bath. In a similar way one may prepare a pine-needle bath, by adding different kinds of extract of pine or fir needles. The patient must spend a quarter to half an hour in the bath, at a temperature of 27·5° to 35° C. For the sensitive skin, which becomes chafed easily, *bran baths* are serviceable. One adds to the bath about 500 grains of bran, which has been cooked for half an hour. *Oak-bark baths* have a similar use: 1 kilo of oakbark in 4 litres of water being boiled down to 3 litres, and added to the bath water.

Carbonic acid baths possess quite a special significance. Owing to the spread of industry, we can now use them more than formerly. We may obtain carbonic acid from the factory, and easily prepare a carbonic acid pine-needle bath, a sweet-flag bath, a steel bath, or a sulphur bath. Of indications for their use, the chief is a nervous irritability of the skin.

An important part in cosmetics is played by—

3. Soap.

Toilet soap is the best means of removing superfluous fat from the skin, and, being used in large quantities, it is regarded, even by those who sneer at cosmetics, as the first step towards civilization.

Soaps are chemical combinations of any fatty acid with an alkali, and in their action upon the epidermis resemble the alkaline carbonates, softening and loosening the stratum corneum. Their action is chemical as well as mechanical. Water splits soap into an insoluble acid portion and a soluble basic portion. The soluble part of the soap unites with the ingredients of the skin secretions, whilst the insoluble part mingles with the particles of epidermis and dirt to form foam. In order to prevent any corrosive action by the alkali during this process, one must employ for cleansing the skin perfectly neutral soaps, which contain no free alkali. Auspitz has formulated the following postu-

lates regarding toilet soaps: A good soap should be neutral, as those which contain free alkali have a corrosive action, and should form a lather on the addition of so much water. It should, moreover, have a wholesome scent or be unscented, and should possess a pleasing and uniform colour. The soap, finally, should cleanse and soften the skin, and contain as little deleterious dye and perfume as possible.

The nearest approach to this ideal *neutral soap* would be reached by introducing into its composition an excess of fat. This procedure, however, is impracticable, as such fat in a free state would become quickly rancid, and have an irritating effect upon the skin. Liebrreich has demonstrated a method by which a perfect neutral soap may be manufactured. He suggested that certain vegetable products which are rich in fat, such as coco-nut, palm-fruit, etc., should be added to the soap while in the boilers. Salts and impurities are then removed from the mother-liquor by the use

of the centrifuge, and a chemically pure soap obtained. By this means one excludes all possibility of adulteration, and on that account I can confidently recommend Heine's *Centrifugierte Kindersiefe* as an excellent cosmetic. In the same factory (G. Heine, of Copenick) are prepared a 5 per cent. borax soap, as well as centrifuged violet, green, or heliotrope soaps, and similar preparations characterized by their purity and soothing effect, as well as the production of a creamy pleasant lather during use.

The raw materials utilized in the manufacture of soap are fats—*e.g.*, lard, tallow, olive and castor oils, palm oil and coco-nut oil—together with caustic potash solution for soft soap, and caustic soda solution for hard soap. A combination of coco-nut oil and soda constitutes the basis of many cosmetic soaps. The greater number of these are supplied by the perfumer under foreign names, which do not in every case correctly indicate the nature of the ingredients. The following are a few recipes for the said soaps :

(12) ℞	Sap. c. ol. oliv. parat.	120·0	℥iv.
	Sap. commun. ...	12·5	℥iii.
	Liquef. et color. c. cinnabar	0·6	gr. viii.
	Ol. rosar. ...	gtt. xx.	gtt. xx.
	Ol. caryophyll.	gtt. vi.	gtt. vi.
	Ol. cinnam. ...	gtt. vi.	gtt. vi.
	Ol. bergam.	1·0	gtt. xvii.

(*Rose soap.*)

(13) ℞	Sap. domest. alb. pur.	195·0	℥vi.
	Ol. amygdal.	5·0	gtt. lxxxv.

(*Almond soap.*)

(14) ℞	Sap. domest. alb. pur.	185·0	℥v.ss.
	Sap. c. ol. oliv. parat.	50·0	℥i.ss.
	Liquef. et semi refrigerat, adde:		
	Ol. amygdal. amar. ...	2·5	gtt. xl.
	Ol. caryophyll. ...	0·8	gtt. x.
	Ol. caru.	1·0	gtt. xvii.

(*Almond soap.*)

(15) ℞	Sap. commun. pur. ...	225.0	℥viii.
	Ol. bergam.	30·0	℥i.
	Ol. aurant. flor.	gtt. xv.	gtt. xv.
	Ol. caryophyll. } Ol. thymi* }	āā gtt. xvi.	āā gtt. xvi.

(*Savon au bouquet.*)

---

* This oil is manufactured from wild thyme by distilling the fresh herb with water.

(16) ℞ Sap. commun. pur. ... 110·0 ʒiv.
Sap. c. ol. palmar. parat. 122·0 ʒiii.ss.
Ol. citri, Ess. ambri * ... āā 3·5 āā ʒi.

(*Orange soap.*)

(17) ℞ Sap. domest. alb. pur. 280·0 ʒx.
Ol. rosmar., Camphor. ... ... āā 15·0 āā ʒss.

(*Camphor soap.*)

(18) ℞ Sap. domest. alb. ... 120·0 ʒiv.
Aq. fontanæ ... ... 30 0 ʒi.
Amyli ... ... 15·0 ʒss.
Ol. bergam. ... ... 1·25 gtt. xx.

(*Beard soap.*)

(19) ℞ Sap. venet. pulv. ... 90·0 ʒiii.
Rad. irid. florent. ... 4·0 ʒi.

Misce et adde:

Ol. caryophyll., Ol. aurant. flor., Ol. cinnam. āā gtt. ii. āā gtt. ii.
Tinct. moschi † ... gtt. i. gtt. i.

(*Shaving soap.*)

---

* Ambergris of commerce, from which this essence is derived, is a product of the cachalot whale. It is a fatty substance like wax, and has a peculiar aromatic odour, reminding one of musk and benzoin.

† The musk-deer produces this substance, which is found only in young males in a sac on the abdomen. In its crude form it is a soft dark brown mass.

(20) ℞ Sap. venet. conc. ... 135·0 ʒv.
Spt. vini rect. ... 210·0 ʒviii.

Solve in baln.

Spt. majoran. ... 60·0 ʒii.
Aq. aurant. flor. ... 135·0 ʒv.

Filtra et adde :

Ol. bergam. } ... āā 2·5 āā gtt. xl.
Ol. citri }

(*Aromatic soap spirit.*)

A teaspoonful or more may be added to the water used for washing.

Soaps are also employed in cosmetics in the form of soap balls, soap emulsions, and soap powders, as for example :

(21) ℞ Sap. domest. alb. pur. 120·0 ʒiv.
Rad. irid. flor. ... 30·0 ʒi.
Ol. bergam. } āā gtt. xviii. āā gtt. xviii.
Ol. lavand. }

Forma c. aq. rosar. q.s. globul.

(*Soap balls.*)

(22) ℞ Spermaceti* } ... āā 10·0 gr. cl.
Cer. alb. }

Liquef. in baln., admisce :

Ol. amygdal. dulc. } āā 45·0 āā ʒi.ss.
Aq. rosar. }
Ol. rosar. ... gtt. viii. gtt. viii.

M. et serva in ollis.

(*Rose-soap cream.*)

* A solid fat derived from the skulls of certain whales.

(23) ℞ Sap. domest. alb., sicc. et pulv. ... ... 120·0 ℥iv.

Adde :

Sacch. alb.	11·5	gr. clxx.
Rad. irid. florent. ...	30·0	℥i.
Farin. amygdal. pulv.	60·0	℥ii.
Ol. citri	1·0	gtt. xvii.
Ol. aurant. cort.	gtt. xvi.	gtt. xvi.
Ol. lavand.	1·0	gtt. xvii.

M., ft. pulv.

(*Scented soap powder.*)

(24) ℞ Sap. venet., sicc. et pulv. 60·0 ℥ii.
Sod. carbon. pulv. ... 4·0 gr. lx.
Farin. alb. ... ... 30·0 ℥i.
Ol. citri, Ol. bergam. āā gtt. iv. āā gtt. iv.
Ol. neroli * ... gtt. iii. gtt. iii.

(*Aromatic soap powder.*)

These and similar soap powders give the skin a delicate surface, besides having a strong cleansing action. On this account they are employed for washing the hands and neck.

* This oil is obtained by distilling the juice of *Citrus aurantium* with water.

Almond bran has been much vaunted. One should wash with water to which a small quantity of it has been added.

(25) ℞ Farin. amygdal. amar. ...	240·0	℥viii.
Rad. irid. flor.	15·0	℥ss.
Potass. carb. pulv. ...	2·0	gr. xxx.
Ol. bergam. ...	gtt. xvi.	gtt. xvi.

Or:

(26) ℞ Amygdal. excort. sicc. et contus.	250·0	℥viii.
Admisce:		
Rad. irid. flor.	6·0	gr. xc.
Farin. tritici	250·0	℥viii.
Ol. bergam.	gtt. x.	gtt. x.
Ol. citri lim.	7·5	℥ii.

Almond pastes are also used largely for application to the skin of the hands and face.

(27) ℞ Amygdal. dulc. excort. et contus.	180·0	℥ii.
Amygdal. amar. excort. et contus.	60·0	℥vi.
Tere c. aq. aurant. et admisce:		
Amyli tritci	60·0	℥ii.
Moschi	0·015	gr. $\frac{1}{5}$.
Ol. rosar. ...	gtt. iii.	gtt. iii.

Or:

(28) ℞ Amygdal. dulc. excort. 250·0 ʒviii.
Amygdal. amar. excort. 15·0 ʒss.

Contunde c. pauxill. quantitat. aq. commun., adde:

Gum. styrac. pulv. ... 4·0 gr. lx.

Mel. puri pauxill. quantitatem.

They should be applied in the evening, and, on the following morning, either removed in the dry state or washed off with water.

Of still greater significance in the cosmetic art are—

4. The Fats.

They give the skin its gloss, penetrating and clarifying the superficial layer of the epidermis, and making a dry, rough skin soft and pliant. By constituting a waterproof covering, the fats lessen evaporation from the skin, and guard it from external injury. Furthermore, they dissolve sebaceous material and the fatty acids of the sweat, forming by their saponifying action an excellent vehicle for the suspension of dirt, so that inunction with oil or fat becomes the same thing as washing—a method of freshening

the complexion known even to the ancient Romans and Greeks.

The use of fat, however, ought not to be too lavish. Various forms may be employed. Animal fats (lard, fat of sheep and oxen, marrow fat, lanolin), vegetable fats (almond, olive, sesame, and hazel-nut oils, and the more solid palm oil, coco butter and wax), mineral fats (paraffin, vaselin), and the fat-containing seeds (almond, coco-nut, pistachio-nut, cucumber seeds). The substances employed are simply mixed with one another and perfumed.

Cold cream is a favourite preparation, *e.g.*:

(29) ℞	Cer. alb.	... ...	5·0	gr. lxxx.
	Spermaceti	... ...	8·5	gr. cxx.
	Ol. amygdal. dulc.	...	30·0	ʒi.
	Aq. rosar. / Glycer. pur.	...	āā 2·5	āā gtt. xl.
	Ol. rosar.	... ...	gtt. ii.	gtt. ii.

The following is of simpler composition :

(30) ℞	Ol. coco.	... ...	50·0	ʒi.ss.
	Aq. rosar.	...	5·0	gtt. lxxx.
	Ol. rosar.	... ...	gtt. i.	gtt. i.

Instead of these one may use :

(31) ℞	Lanolin	... ...	85·0	ʒii.ss.
	Ol. cacao	... ...	15·0	ʒvii.
	Vanillin	... ...	0·5	gtt. viii.

Rose and *violet creams* serve a similar purpose :

(32) ℞	Cer. alb. / Spermaceti	...	āā 4·0	āā gr. xc.
	Ol. amygdal.	... ...	60·0	ʒii.
	Aq. rosar.	... ...	30·0	ʒi.ss.
	Ol. rosar.	...	gtt. iv.	gtt. iv.

(*Rose cream.*)

(33) ℞	Cer. alb. / Spermaceti	...	āā 6·0	āā gr. xc.
	Ol. amygdal.	... ...	30·0	ʒi.
	Aq. rosar.	... ...	45·0	ʒi.ss.
	Ol. violarum	... ...	4·0	gtt. lxviii.

(*Violet cream.*)

The creams are best used at bedtime. The skin is first washed and dried, and then a small quantity is rubbed in with a fine towel.

We may mention the following inexpensive creams for use in the same way:

(34) ℞ Ol. ricini ... ... 7·5 ʒi.ss.
Spermaceti ... ... 45·0 ʒii.
Ol. amygdal. .. ... 15·0 ʒiv.
Ol. odorati ... ... 4·0 gtt. lxviii.

(*Crême crystallisée.*)

(35) ℞ Cer. alb. ... ... 6·0 gr. xc.
Spermaceti ... ... 12·0 gr. clxxx.
Ol. amygdal. ... ... 45·0 ʒi.ss.

(*Crême céleste.*)

(36) ℞ Butyr. cacao ... ... 45·0 ʒi.ss.
Spermaceti ... ... 22·5 ʒvi.
Ol. amygdal. ... ... 90·0 ʒiii.
Ol. thymi ... ... 2·0 gtt. xxxiv.
Ol. caryophyll. gtt. xv. gtt. xv.
Ol. bergam. ... ... 1·0 gtt. xvii.

(To prevent dryness of the skin.)

(37) ℞ Spermaceti ... ... 15·0 ʒiv.
Cer. alb. ... ... 7·5 ʒii.
Ol. amygdal. dulc. ... 30·0 ʒi.

Liquef. leni calore, admisce:

Ol. bergam. ... ... 2·0 gtt. xxxiv.

(To prevent dryness of the skin.)

It is of importance that the doctor should

be able to prescribe a *lip salve*, which he may order in cases of cracked dry lips—*e.g.*:

(38) ℞ Butyr. cacao	30·0	ʒi.
Ol. amygdal. dulc. ...	7·5	ʒii.
Liquef. et admisce sub agitand. :		
Vitelli ovi	No. 1	No. 1
Ol. neroli ...	gtt. iii.	gtt. iii.
Carmini ...	0·1-0·2	gr. i.ss.-iii.

Effunde in capsulas.

Or:

(39) ℞ Butyr. cacao	90·0	ʒiii.
Cer. alb.	30·0	ʒi.
Spermaceti	15·0	ʒiv.
Ol. jasmin.	15·0	ʒiv.
Semi refrigerat., admisce :		
Ol. bergam.	1·0	gtt. xvii.
Carmini ...	1·1-0·2	gr. i.ss.-iii.

Effunde in capsulas.

On account of its relationship with fats, we may next mention

5. Glycerin.

This also makes the skin soft and flexible, in addition to heightening its gloss.

Glycerin, too, plays the part in cosmetics of being a non-drying solvent for many substances.

It cannot be denied that in case of rhagades, whether on the hands or lips, glycerin, in virtue of its dehydrating action, produces a burning sensation, and normally makes the skin of the face raw and lustreless. On account of this quality, it may be used with good results in *seborrhœic* skin affections, thus:

(40) ℞ Glycerin.	25·0	ʒvi.
Vitelli ovi	20·0	ʒv.

(*Glyconin, for cracked lips and hands.*)

(41) ℞ Sap. domest. alb. pur.	1·0	gr. xv.

Solve in pauxillo aq. dest. in baln., admisce:

Ol. amygdal.	45·0	ʒi.ss.
Glycerin. pur. ...	5·0	gr. lxxx.
Ol. thymi Ol. caryophyll. aromat. }	āā 1·2	āā gtt. xx.
Ol. bergam. ...	gtt. xv.	gtt. xv.

(*Gelée de glycerin, for rhagades of the skin.*)

(42) ℞ Tragacanth. pulv. ...	10·0	gr. cix.
Aq. rosar.	20·0	ʒv.
Glycerin.	50·0	ʒi.ss.
Tr. benzoin.	10·0	ʒiii.
Aq. aurant. flor. ...	gtt. v.	gtt. v.

(*Junonia glycerin paste, for washing the face and hands instead of soap.*)

Finally, the *Glycerin cold cream* recommended by Paschki may be noted:

(43) ℞ Amyli ...	...	...	5·0	gr. lxxx.
Aq. rosar.	...	...	5·0	gtt. xc.
Glycerini	...	...	90·0	ʒiii.
Ol. rosar.	...	...	gtt. ii.	gtt. ii.

One may employ

6. The Emulsions

with the greatest advantage. The term signifies such cosmetic applications as form a milky fluid when mixed with water. Usually they contain oils, balsams, or resins which are not soluble in water, so that before use they must be thoroughly shaken. One or two tablespoonfuls are added to the water for washing the face—first of all at bedtime, and later, when the skin becomes habituated to their action, several times a day. Too much should not be used, or harm may result. To this class belong many of the so-called washes and the like, which make the skin supple and restore its gloss. They are particularly valuable for

slight seborrhœic conditions of the face. Probably the resins and balsams have a mechanical action in obliterating the furrows and smoothing the wrinkles of the skin.

From the immense number of such preparations we may select a few as examples:

(44) ℞ Tr. benzoes ...	...	10·0	ʒiii.
Aq. rosar. ...	...	100·0	ʒiii.ss.

(*Lait de jeunesse.*)

(45) ℞ Balsam. peruv.	...	5·0	ʒi.ss.
Ol. lavand. ...	...	2·5	gtt. xl.
Camphor. ...	...	0·1	gr. i.ss.
Spt. rosar. ...	...	125·0	ʒiv.

(*Quintessence balsamique du harem.*)

(46) ℞ Tr. benzoin. ...	...	4·0	gtt. lxviii.
Potass. carbon. } Spt. camph. }		āā 1·0	āā gtt. xvii.
Aq. coloniens ...	...	250·0	ʒviii.
Tinct. ambr. moschi ...		0·25	gtt. iv.

(*Eau de princesse.*)

(47) ℞ Lanolin. ...	...	10·0	ʒiii.
Boracis ...	...	1·0	gr. xv.
Aq. rosar. ...	...	100·0	ʒiii.ss.

(48) ℞ Amygdal. ... ... 15·0 ʒiv.ss.

Tere cum :

Aq. rosar.
Aq. flor. aurant. } āā 180·0 āā ʒvi.

Adde :

Tinct. benzoes
Borac. venet. } ... āā 2·5 āā gtt. xl.

(*Aqua cosmetica.*)

In dealing with very irritable skins the borax should be omitted.

(49) ℞ Amygdal. dulc. ... 30·0 ʒi.
Aq. rosar. ... ... 180·0 ʒvi.

F.l.a. emulsio.

Sap. venet.
Cer. alb.
Ol. amygdal. } ... āā 2·0 āā gtt. xxx.

Liquef. et solve in :

Alcohol ... ... 45·0 ʒi.ss.
Ol. lavand. ... ... gtt. x. gtt. x.
Ol. bergam. ... ... 2·0 gtt. xxx.
Ol. rosar. ... gtt. vii. gtt. vii.

Misce l. art.

(*Lilienmilch.*)

(50) ℞ Amygdal. amar. ... 7·5 ʒii.
Amygdal. dulc. ... 24·0 ʒvi.

Contunde et adde :

Aq. aurant. flor. ... 45·0 ʒi.ss.
Aq. rosar. ... ... 90·0 ʒiii.
Tr. benzoes ... gtt. xv. gtt. xv.

(*Eau cosmétique.*)

(51) ℞	Boracis ...	... 7·5	ʒii.
	Lanolini ...	... 10·0	gr. cl.
	Aq. aurant. flor. / Aq. rosar.	āā 75·0	āā ʒii.ss.
(52) ℞	Balsam. peruv.	... 2·5	gtt. xl.
	Ol. bergam. ...	... 4·0	gtt. lxviii.
	Ol. caryophyll.	... 2·0	gtt. xxx.
	Ol. aurant. flor.	gtt. viii.	gtt. viii.
	Ess. moschi ...	... gtt. x.	gtt. viii.
	Spt. vini ...	... 140·0	ʒiv.
	Aq. aurant. flor.	... 45·0	ʒi.ss.

(*Eau de mille fleurs.*)

(53) ℞	Ol. bergam. ...	... 4·0	gtt. lxviii.
	Ol. lavand. / Ol. caryophyll. / Tr. moschi	āā gtt. xii.	āā gtt. xii.
	Ol. cinnam. ...	gtt. xxx.	gtt. xxx.
	Spt. vini ...	... 250·0	ʒviii.

(*Esprit au bouquet.*)

(54) ℞	Ol. lavand. ...	... 2·0	gtt. xxxiv.
	Ol. bergam. ...	... 7·5	ʒii.
	Ol. cinnam. / Ol. caryophyll.	āā gtt. xv.	āā gtt. xv.
	Ol. neroli ...	... gtt. x.	gtt. x.
	Balsam. peruv. / Styrac. liquid.	āā 15·0	āā ʒiv.
	Moschi ...	... 0·05	¾ gr.
	Spt. vini ...	... 250·0	ʒviii.

(*Esprit noble.*)

(55) ℞ Spt. rosar.	...	95·0	ʒiii.
Spt. aurant. flor.	āā	15·0	āā ʒiv.
Spt. caryophyll.			
Ol. bergam.	āā	1·0	āā gtt. xvii.
Ol. citri			
Ess. ambræ ...	...	95·0	ʒiii.

(*Eau de la reine Semiramis.*)

(56) ℞ Ol. citri	...	4·0	gtt. lxviii.
Ol. bergam.	...	gtt. xv.	gtt. xv.
Ol. rosmar.	...	gtt. vii.	gtt. vii.
Ol. rosar.	...	gtt. iii.	gtt. iii.
Spt. vini ...	...	250·0	ʒviii.

(*Eau sans pareille.*)

(57) ℞ Ol. rosar.	...	gtt. vi.	gtt. vi.
Ol. bergam.	...	gtt. xv.	gtt. xv.
Ol. aurant. flor.		gtt. iv.	gtt. iv.
Spt. vini ...	...	125·0	ʒiv.

(*Eau de Sérail.*)

For smoothing out wrinkles Paschki employs the following paste:

(58) ℞ Amygdal. dulc.	...	30·0	ʒi.
Amygdal. amar.	...	10·0	gr. cl.
Balsam. peruv.	... āā	5·0	āā gtt. lxxxv.
Mellis alb.			

(Wash the face with a piece the size of a hazel-nut rubbed up with water.)

One may next mention

7. The Alkalies,

of which the carbonates and chlorides are best for cosmetic purposes, on account of their mild effects. This is due to their affinity for water and their destructive action upon albumin. They are often useful in seborrhœa and mild cases of acne.

(59) ℞ Potass. carbon. ... 2·0 gr. xxxii.
Tr. benzoin. ... ... 10·0 ʒiii.
Aq. rosar. ... ... 100·0 ʒiii.ss.

(A teaspoonful added to the water.)

(60) ℞ Sod. carbon. ... ... 5·0 gr. lxxx.
Aq. rosar. ... ... 100·0 ʒiii.ss.
Glycerini ... ... 50·0 ʒi.ss.
Ext. mille flor. ... gtt. x. gtt. x.

(*For washing the face.*)

(61) ℞ Borac. venet. ... ... 7·5 ʒii.
Potass. carbon. ... 30·0 ʒi.

Solve in

Aq. rub. idæi } āā 55·0 āā ʒii.
Aq. rosar. }

Adde :

Aq. coloniensis ... 6·0 gtt. lxxx.

(*Lilionèse.*)

Alkalies are particularly valuable in cases of freckles. A few more of Paschkis' formulæ are given below :

(62) ℞	Potass. acetas	1·0	gr. xv.
	Aq. dest.	50·0	ʒi.ss.
	Spt. vini.		
	Ol. rosar.	ad lib.	ad lib.

(*Kimball's Cure for Freckles.*)

(63) ℞	Potass. carbon.	2·0	gr. xxx.
	Sod. salicyl.	5·0	gr. lxxx.
	Sapon.	1·0	grs. xv.
	Mucil. gum. arab.	5·0	gtt. lxxxv.
	Glycerini	10·0	ʒiii.
	Aq.	100·0	ʒiii.ss.
	Ess. mirobolan.	gtt. v.	gtt. v.
	Ol. neroli	gtt. ii.	gtt. ii.

(*Lengyel's Birch Balsam.*)

(64) ℞	Potass. carbon.	10·0	gr. clx.
	Potass. chlorii	5·0	gr. lxxx.
	Borac. venet.	2·0	gr. xxx.
	Aq. rosar. } Aq. naph. }	āā 50·0	āā ʒi.ss.
	Sach. alb.	40·0	gr. dcxx.
	Glycerini	25·0	ʒvii.

(*Freckle-water.*)

All of the above, however, as well as the undermentioned ointment (Hebra)—

(65) ℞ Hydrarg. præc. alb. } āā 5·0 āā gr. lxxx.
Bismuth. subnit. }
Ung. glyceris ... 20·0 ʒvi.

(*Freckle-ointment.*)

—can merely check the process and act as palliatives.

The sole radical cure is the use of carbolic acid:

(66) ℞ Acid. carbol. liq. ... 10·0 ʒiii.

(*For external use in cases of freckles.*)

It is best applied on a pointed match. Each isolated brown spot should be touched. The corrosion causes first a whiteness; then the part becomes black, red, and lastly—after a few days—pale. The face is naturally disfigured for a day or two, so that it is advisable to operate on a small part only at each sitting. One must merely burn superficially, and of course exercise great care.

Reference must still be made to *borax*, which is an excellent cosmetic. We have already recommended it in the preceding

pages, but a few prescriptions from Paschkis may not be out of place here :

(67) ℞ Boracis ... ... 2·0 gr. xxx.
Aq. rosar. } āā 12·0 āā ℥iii.ss.
Aq. flor. naphæ }
(*Hufeland's Beauty-water.*)

(68) ℞ Borac. venet. ... ... 5·0 gr. lxxx.
Ung. emoll. ... ... 50·0 ʒi.ss.
(*Skin cream, for making the hands white and soft.*)

(69) ℞ Amyl. oryzæ ... ... 25·0 ℥vi.ss.
Borac. ... ... 5·0 gr. lxxx.
Aq. colon. ... ... q.s. q.s.
Ft. pulv.
(*Beauty powder.*)

(70) ℞ Amygdal. amar. ... 10·0 gr. clx.
f.c. Aq. rosar. ... 100·0 ʒiii.ss.
L.a. emulsio, adde :
Borac. ... ... 5·0 gr. lxxx.
Tr. benzoes ... ... 10·0 ℥iii.

Borax is of value in mild cases of hyperidrosis :

(71) ℞ Borac. pulv. ... ... 20·0 ℥vi.
Alumin. plumosi ... 80·0 ʒii.ss.
(To be dusted into the stockings.)

8. The Acids,

however, are to be preferred for such a condition. The well-known salicylic dusting-powder is sufficient in slight *hyperidrosis :*

(72) ℞ Acid. salicyl. ...	...	3·0	gr. xlv.
Amyli tritici ...	...	10·0	gr. clx.
Talci	...	87·0	ʒii.

Bruch (*Korresp. f. Schweizer Aerzte*, November, 1904) suggests that the feet be washed thoroughly with boracic solution, then moistened with spirit, and the spirit allowed to evaporate.

Potassium permanganate has also been recommended. Every evening a hot foot-bath of fifteen minutes' duration, with 1 to 6 per cent. permanganate solution, is taken, and in the evening the feet sprinkled with—

(73) ℞ Potass. permang.	...	13·0	℈ss.
Alumen. ...	...	1·0	grs. xv.
Talci	...	50·0	ʒi.ss.
Zinc. oxydat. } Calcaria }		āā 18·0	āā gr. cclx.

For the fairly severe types of hyperidrosis the following is of value :

(74) ℞ Sol. ac. chromic. 5·0-10·0 (100·0) 5-10 per cent.

After washing the feet and treating any persistent rhagades with 10 per cent. salicylic soap plaster, the above should be applied to the soles. The application may be renewed eight or fourteen days later.

For severe cases, lenicet dusting-powder is useful, and one of the numerous formalin preparations, such as 10 per cent. vasenol-formalin powder, or the formalin ointment known as "vestosol."

Salicylic acid in concentrated alcoholic solution may be recommended for the removal of *nævi*, though its keratolytic action is rather uncertain. *Electrolysis* used in the way we shall describe later, whilst referring to hirsuties, gives more excellent results.

Paschkis, however, recommends salicylic acid for cases of premature wrinkling:

(75) ℞ Ac. salicyl. ...	...	3·0	gr. xlv.
Spt. vini gall. / Aq. colon.	āā	125·0	āā ʒiv.
Glycerini ...	...	50·0	ʒi.ss.

(After washing, damp the skin with the lotion, dry off with a fine towel, and then apply a powder.)

Hydrogen peroxide is valuable in the treatment of comedones, which are readily bleached by rubbing in this substance six to eight times daily.

Resorcin dissolved in alcohol forms an excellent application in seborrhœa of the face, *e.g.:*

(76) ℞	Resorcin ...	...	2·9-5·0	gr. xxx.-lxxv.
	Spirit ...	...	ad 100·0	ad ʒiii.ss.

The solution is applied to the affected parts several times a day, and a weak sulphur and salicylic ointment used immediately afterwards:

(77) ℞	Ac. salicyl. ...	...	1·0	gr. xv.
	Sulph. præcip.	...	4·0	ʒi.
	Ol. rosar. ...	...	gtt. ii.	gtt. ii.
	Vasel. alb. opt.	...	50·0	ʒi.ss.

M. Ft. ung.

Another useful application for seborrhœa of the face is to be found in *tannic acid :*

(78) ℞	Ac. tannic. ...	...	1·0	gr. xv.
	Spt. vini Glycerini	...	āā 5·0	āā ʒi.ss.
	Aq. dest. ...	...	50·0	ʒi.ss.

(Apply several times a day.)

For *chilblains* Paschkis recommends painting with—

(79) ℞	Ac. tannic. ...	...	2·0	gr. xxx.
	Spt. vini ...	...	5·0	ʒi.ss.
	Collodii ...	...	20·0	ʒvi.
	Tinct. benzoes	...	2·0	gtt. xxxiv.

(To be painted on.)

though, personally, I prefer the calcium chlorate ointment suggested by Binz :

(80) ℞	Calcar. chlorat.	...	10·0	ʒiii.
	Ung. paraff. ...	...	100·0	ʒiii.

or the cold cream soap introduced by Vieth and myself (*Dermat. Centralbl.*, 1906) :

(81) ℞	Euresol. Eucalyptol. Ol. terebinth. Lanolini	...	āā 2·0	āā gtt. xxxiv.
	Sap. unguinos.	...	20·0	ʒvi.

This is supplied by the chemist in tubes containing 30 grains, and is to rubbed into the skin until dry.

For mild cases of chilblains, the paint employed by Rust is sufficient:

(82) ℞ Balsam. peruv.	...	5·0	ʒi.ss.
Mist. oleobalsam. / Aq. coloniensis	}	āā 30·0	āā ʒi.

9. Sulphur

is a substance largely used in dermatology. In using it we follow the principles laid down in every textbook of skin diseases, and it is certainly a useful remedy for quite a number of conditions.

From a cosmetic standpoint I shall merely refer to *Kummerfeld's Water*, for which there are a great number of recipes. The following is one chosen from Bermatzik ("Kosmetica" in Eulenburg's "Realenzyclopädie"):

(83) ℞ Sulph. præcip. ...	12·0	gr. clxxx.
Camphor.	1·0	gr. xv.
Mucil. gummi arab.	6·0	gr. xc.

Subige, admisce:

Aq. calcis / Aq. rosar.	} ...	āā 100·0	āā ʒiii.ss.

This may be used for mild forms of acne or seborrhœa, either by directly applying it

to the affected area after thoroughly shaking the bottle, or by painting on the sediment and allowing it to remain on the skin overnight.

The sulphur preparations in common use are, flowers of sulphur, which is insoluble, and milk of sulphur, which, in the freshly prepared condition, is a mixture of insoluble and colloid sulphur. I have asked the firm of Heyden to prepare me a *colloid sulphur*, and this I can strongly recommend for cosmetic purposes. We give it for slight seborrhœic conditions in the form of a 10 per cent. watery solution :

(84) ℞ Sulph. colloidal. ... 10·0 ʒiii.
Aq. dest. ... ... 100·0 ℥iii.

(The affected part to be washed with this lotion.)

Or in mild forms of acne as Kromayer's emulsion (*Die Heilkunde*, September, 1905) :

(85) ℞ Sulph. præcip. ... ... 10·0 ʒiii.
Spt. vini ... ... 40·0 ℥i.ss.
Glycerini ... ... 5·0 ʒi.ss.

(To be painted on at night.)

Lastly, one may mention the cosmetic cream employed by Hebra, which is also for seborrhœa facei and mild acne.

(86) ℞ Sulph. præcip.
Glycerini
Spt. vini dil.
Potass. carbon.
Æther
... āā 10·0 āā ʒiii.

Like Zeissl's paste, this mixture, after shaking well, is painted on in the evening, and washed off with borax solution next morning.

Finally let us consider

10. The Paints.

These may be powder, water, or oil paints.

The first mentioned must be finely pulverized, and not at all coarse to the touch. Such perfumed powders are applied with the puff and lightly flicked off. Paints should be rubbed in with the finger, a leather glove, or a piece of fine cloth.

Powder-paints protect the tender skin of the face against cold and damp. The basis

of such powders often consists of starch in the form of rice flour, to which have been added various scented vegetable powders. A simple white powder is to be found in finely ground and purified talc. As a rule, however, the white cosmetic powders are compounded of talc, chalk, or meerschaum, mixed with such substances as oxide of zinc, carbonate of magnesia, baryta, white lead, bismuth, etc.

Red Powder.

(87) ℞	Boli arm. subtiliss. ...		12·0	gr. clxxx.
	Carmin. ...		0·1-0·2-0·5	gr. i.ss.-vii.

Flesh-coloured Powder.

(88) ℞	Calcar. sulph.	...	13·5	ʒiv.
	Magnes. alb.	...	3·0	gr. xlv.
	Amyl. pur. ...	...	20·0	ʒvi.
	Carmin. ...	0·1-0·2-0·5		gr. i.ss.-vii.

Pearl Paint.

(89) ℞	Bism. nitr. } Zinci oxydat. }	...	āā 4·0	āā ʒi.
	Ext. pulv. subtiliss. ...		15·0	ʒv.

RICE POWDER.

(90) ℞	Amyl. oryzæ	...	100·0	ʒiii.
	Pulv. irid. flor.	...	30·0	ʒi.
	Ol. geran. ...	...	gtt. v.	gtt. v.
(91) ℞	Baryt. sulph.	...	300·0	ʒvii.
	Zinci oxydat.	...	500·0	ʒxvi.
	Talci venet. ...	...	150·0	ʒiv.

(*Débay's Blanc de Cygne.*)

(92) ℞	Bism. carb. ...	...	20·0	ʒvi.
	Zinci oxydat.	...	60·0	ʒii.
	Talci venet. ...	...	80·0	ʒii.ss.
	Cretæ præcip.	...	80·0	ʒii.ss.
	Amyli tritici	...	100·0	ʒiii.

(*Saunders's Bloom of Ninon.*)

The preparation of *water-paints* is effected by suspending white insoluble substances in perfumed water.

Suspension is assisted by the introduction of resinous solutions, such as tinct. benzoes, or solutions of volatile oils, such as aq. coloniensis. It is useless to add borax or similar cosmetic preparations, though this is frequently done. The carmine employed is dissolved in ammonia and highly perfumed, usually with otto of roses.

FLUID WHITE PAINT (BLANC DE NEIGE).

(93) ℞	Zinci oxid. ...	...	100·0	ʒiii.
	Talci venet. ...	...	20·0	ʒvi.
	Aq. colon. } ...	...	āā 150·0	āā ʒiv.
	Aq. rosar. }			

FLUID RED PAINT (DÉBAY'S ROSE LIQUIDE).

(94) ℞	Potass. oxal.	...	0·5	gr. vii.
	Aq. dest. ...	...	250·0	ʒviii.
	Alcohol. ...	...	15·0	ʒiv.
	Camin. opt. ...	...	0·5	gr. vii.
	Amm. p. liq.	...	0·25	gr. iii.ss.

Oil-paints are manufactured from the same varieties of powder as the other paints, and, to give them a consistency, small quantities of spermaceti or wax, or in winter cocoa-butter, are added.

For blondes they are mixed with carmine, or carmine and ochre; for brunettes, with indigo.

It is impossible to deal in detail with such paints as fill the market. Their number is legion.

Suffice it to give an example from Paschkis:

White Oil-Paint.

(95) ℞	Talci venet. alcohol.	9·0	ʒii.ss.
	Zinci oxid. subt. ...	1·0	gr. xv.
	Spermaceti	10·0	ʒiii.
	Ol. amygdal. dulc. ...	20·0	ʒvi.

Red Oil-Paint (James).

(96) ℞	Carthamini	1·0	gtt. xvii.
	Talc. venet. alcohol.	9·0	ʒii.ss.
	Spermaceti	10·0	ʒiii.
	Ol. amygdal. dulc. ...	20·0	ʒvi.

A black paint may be obtained by the substitution of lamp-black or bone-black in the unguent. Indian ink, whose use dates from Assyrian and Roman times, is still employed, dissolved in rose-water, for application with a camel-hair brush.

The cosmetic use of paints demands special dexterity and artistic talent. As a rule, the face is smeared with cold cream or vaselin, and the excess removed with a fine cambric towel. Then follows the even application and removal of a white powder,

and finally the selected paint is applied. Its removal is effected by rubbing the face with fat, vaselin, glycerin, or cream, before cleansing it with soap and water. Powder and water paints are easily washed off without such treatment.

III

COSMETICS OF THE HAIR

For a complete understanding of the hair and its disorders, one must take a wide view of the subject, and look to general principles. In this, more than in any other department of cosmetics, quackery and swindling hold their sway. One vendor maintains that his birch hair-wash promotes a luxurious growth and preserves the hair wonderfully; another recommends nothing else but a simple soap (Hebra's soap) to check and prevent baldness. Each asserts that he has discovered a preparation, to which he has given some special name—Javol, for instance—endowed with remarkable properties, having a large sale, and producing marvellous results. So long as these articles do no harm we may overlook their existence, and

smile at the folly of the buyer. Not infrequently, however, their use is followed by unfortunate results, such as have been recorded by myself and other dermatologists —*e.g.*, dermatitis from the use of Javol.

Here I must pause to remark that the growth of the hair can only be influenced by attention to the general health. It is impossible to prescribe a hair restorer suitable in all cases, for one must take note of the whole bodily condition in order to arrive at the best method of treatment.

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An account of the diseases of the hair is to be found in any textbook of skin diseases, and need not concern us here.

We may, however, consider the question of whether we can influence the growth of the hair in health and prevent early baldness. I believe I shall be able to give an affirmative answer.

First of all, the general condition of the whole body must be looked into. We must order exercise when too little has been taken, and regulate the diet should this be defective or excessive. I share with

Deichler the opinion that the addition to the diet of raw eggs, unboiled milk, and foods rich in lime, has a preservative effect on the hair. Bischoff has demonstrated by experiment that frequent cutting has no influence upon its growth. We must not overlook the assistance to be derived from the use of drugs, and when there is a coexistent anæmia order iron. I am in the habit of prescribing it in combination with arsenic —probably the only drug which is excreted through the hair.

With regard to local treatment, we must first recognize two varieties of hair—one conspicuously dry, the other rich in fat. It therefore follows that in the former case, should it be washed with an alkaline soap, the last remains of fat will be removed from the hair and leave it very brittle. For such dry hair one may order a *pomade*—not one such as is commonly sold, and of which nobody knows the ingredients, but a prescribed preparation. We give a few examples below, varying from the simplest to the most complicated :

(97) ℞ Sebi ovil. Adip. suill.	...	āā 22·5	āā ℥vi.ss.
Ol. aurant. flor.	...	gtt. iii.	gtt. iii.

(*Hair pomade.*)

(98) ℞ Adip. suill.	...	60·0	℥ii.
Cer. alb.	...	12·5	gr. clxxx.
Liquef. et adde:			
Ol. violar.	...	4·0	℥i.
Ol. heliotrop.	...	15·0	℥iv.

(*Hair pomade.*)

(99) ℞ Butyr. cacao	...	7·5	℥ii.
Ol. amygdal.	...	22·5	℥vi.ss.
Quinin. sulph.	...	1·0	gr. xv.
Ol. rosar.	...	gtt. iii.	gtt. iii.

(*Hair pomade.*)

(100) ℞ Sebi ovil. Adip. suill.	...	āā 60·0	āā ℥ii.
Ol. amygdal. dulc.	...	8·0	℥ii.
Balsam. peruv.	...	4·0	℥i.
Tr. benzoes	...	2·0	gtt. xxx.

(*Débay's Pomade.*)

(101) ℞ Adip. suill.	...	45·0	℥i.ss.
Cer. alb.	...	7·5	℥ii.
Liquef. et post refrigerat. admisce:			
Ol. jasmin.	...	q.s.	q.s.

(*Hair pomade.*)

(102) ℞ Sebi ovil. depur. ... 250·0 ℥viii.
Ol. olivar. pur. ... 180·0 ℥vi.
Liquef. leni calore et semi refrigerat. admisce :
Tinct. moschi ... 7·5 ʒii.
Ol. citri ... ... 7·5 ʒii.
Ol. lavand.
Ol. caryophyll.
Ol. bergam.
Ol. aurant. flor. } ... āā 4·0 āā ʒi.

(*Pomade à la Pot-pourri.*)

(103) ℞ Medullæ bovis ... 22·5 ʒvi.ss.
Adip. suill. depur. ... 120·0 ℥iv.
Ol. amygdal. dulc. ... 30·0 ʒi.
Liquef. leni calore et admisce :
Ext. quinin. ... ... 0·5 gr. vii.
Cortic. quin. reg. pulv. 2·0 gr. xxx.
Balsam. peruv. ... 2·0 gtt. xxxiv.
Ol. caryophyll. ... 1·0 gtt. xvii.
Ol. rosar. ... ... gtt. i. gtt. i.

(*China Pomade.*)

In place of a pomade many persons use *hair-oil*, whose basis consists of a fatty oil prepared from fruits or seeds, such as almond-oil, nut-oil, etc., perfumed according to taste.

(104) ℞ Ol. amygdal. ... 90·0 ʒiii.
Ol. jasmin. ... ... 45·0 ʒi.ss.
Ol. rosar. ... ... gtt. i. gtt. i.

(*Jasmine Hair-oil.*)

(105) ℞ Ol. amygdal. ... 90·0 ʒiii.
Ol. resedæ ... ... 30·0 ʒi.
Ol. violar. ... ... 7·5 ʒii.
Ol. rosar. ... ... gtt. i. 1 gtt.

(*Ess. Bouquet Oil.*)

(106) ℞ Ol. jasmin. } ... āā 60·0 āā ʒii.
Ol. rosar. }
Ol. aurant. flor. }
Ol. acaciarum } āā 30·0 āā ʒi.
Ol. polyanth. tuberos. }
Ol. hyacinth. }
Ol. narciss. } āā 15·0 āā ʒiv.
Tinct. vanill. aromat. }

(*Huile de Mille Fleurs.*)

(107) ℞ Folior. lauri. conc. ... 60·0 ʒii.
Caryophyll. arom. conc. 7·5 ʒii.
Spt. lavand. spic. ... 250·0 ℥viii.
Digere in vitro bene clauso, filtra, residuum exprime, et adde :
Æther. sulph. ... 15·0 ʒiv.

(*Ethereal Hair Elixir.*)

Sometimes, when fatty preparations are indicated, we prescribe *brilliantine*. The

disease known as trichorrhexis nodosa is not, in my opinion, of parasitic origin, but arises rather from an abnormal dryness of the hair, and I can usually effect a speedy cure in such cases by forbidding the use of soap, and applying a brilliantine, as, for example :

(108) ℞	Ol. ricini ...	...	5·0	ʒi.ss.
	Spt. vini rect.	...	50·0	ʒii.
	Ol. æth. flor. aurant.		gtt. ii.	gtt. ii.

(*Paschkis' Brilliantine.*)

(109) ℞	Glycerini Succi citri	...	āā 10·0	āā ʒiii.
	Spt. dilut. ...	...	80·0	ʒiii.

(*Unna's Brilliantine.*)

After the prolonged use of hair-oil or brilliantine, the hair acquires a greasy covering, and there is the additional danger of the fat becoming rancid in the hair follicle. On this account the head ought to be washed frequently, as often as once or twice a week.

Simple washing with soap and water is not sufficient. One should make use of a

hair-wash, containing, above all, alcohol as a fat solvent.

(110) ℞	Balsam. peruv.	...	5·0	ʒi.ss.
	Berorcini ...	...	3·0	gtt. l.
	Spt. colon: ...	...	200·0	ʒvi.

(*Hair-wash.*)

Acting on these principles, we may succeed in preserving for the hair its original abundance and beauty. But on the appearance of the first sign of scale formation on the scalp we must direct all our energies towards the prevention of baldness, for those branny scales are an early indication of *alopecia seborrhoica*, or *pityroides*. Should the hair have already begun to fall out, the disease is in its second stage, and the possibilities of cure are lessened.

It has frequently been asserted that such early baldness is hereditary. The son, in a spirit of resignation, gives up treatment when his father tells him that the same early baldness appeared in his own case. With this I cannot agree, and I have never been able to convince myself that heredity plays a part in this disease. No ; the disease is so

common that it is not to be wondered at that it is found alike in father and son. But I have frequently noted that it is possible to prevent its complete development in the son if he begins treatment sufficiently early. It is uncommon to find a fully established alopecia in women, who naturally seek medical advice as soon as they see it appearing, although in my experience it attacks the sexes with equal frequency.

How does the affection begin? As we have already observed, with scale formation, in consequence of which baldness begins to appear in about a year. Seborrhœa is thus the primary lesion; not a pure seborrhœa, but rather an abnormal cornification of the superficial layers of the epidermis—a parakeratosis. Cornification proceeds so rapidly that the uppermost cells of the stratum corneum retain their nucleus and remain soft, in consequence of which they disintegrate readily into branny scales. The longer this process continues, the more does it tend to affect the epidermis of the hair follicles; and once it reaches the outer root-sheath of

the hair, it must seriously interfere with its nourishment, for most of the vessels supplying the hair do not radiate from the hair papilla, but from each side of the follicle. Consequently pressure upon the blood and lymph vessels by the cornified outer root-sheath will interfere with the nutrition of the hair and cause it to fall out. Our treatment is rendered much more difficult because no drug will penetrate as far as the affected tissue. So long as the process is confined to the surface we can accomplish much, but less when it has become deep-seated.

We must therefore urge the patient to come to us for treatment as soon as possible. The first symptom shows itself in the formation of branny scales—the "scruff"—as if the hair had been sprinkled with a fine powder. In this stage the most careful washing with soap and water is of no avail. That alone cannot remove the scales, and one must resort to the treatment described below. After the scaling has been established for a time the hair begins to fall out, gradually at first, and in greater quantity as

time goes on. The forehead becomes higher, with retreating temples on either side, constituting the "Wallenstein head." Then a bald patch appears on the crown, and in advanced stages the head is as smooth as a billiard-ball, with only an edging of hair in place of the original abundance.

How may we cure this *alopecia seborrhoica*, or *pityroides*, or *præsenilis?* A great number of quack preparations have been vaunted, against all of which one cannot be too strongly warned. Through their use the patient not only loses valuable time, but, what is more important, his hair.

Treatment should consist firstly in the removal of dandruff with Hebra's soap spirit:

(111) ℞ Spt. saponato-kalin. ... 100·0 ʒiii.

—or the aromatic soap spirit whose recipe we have already given (Recipe 20). A tablespoonful is taken in the hollow of the hand and thoroughly rubbed on to the head. Then the process is repeated, using a tablespoon-

ful of lukewarm water. This procedure is repeated once, and the soapsuds allowed to remain for ten minutes, so that it may exercise its emulsifying qualities. It is then washed off with plenty of water.

Women with abundant hair complain that they cannot keep it tidy next day, but this is due to their having used too little water to remove the soap. After the hair has been dried as well as possible—in case of women by means of a drying apparatus to be had for a few shillings—we should commence the use of a *sulphur ointment.* Sulphur is a reducing substance, and is therefore potent in antagonizing the parakeratosis above described, whose essential feature is hyper-oxidation. We prescribe a sulphur ointment as under :

(112) ℞	Sulph. præcip. ...	5·0	ʒi.ss.
	Ol. rosar.	gtt. ii.	gtt. ii.
	Vasel. amer. alb. opt.	50·0	ʒii.

Still better, for reasons already mentioned (p. 42), is colloidal sulphur, which may be rubbed gently into the skin :

(113) ℞ Sulph. colloid. ... 5·0 ʒi.ss.
Ol. rosar. ... ... gtt. ii. gtt. ii.
Sapo virid. ... ... 15·0 ʒiv.
Aq. dest. ... ... 35·0 ʒi.

(*Sulphur-soap hair pomade.*)

The patient must be methodical in his use of the sulphur. Each evening only one quarter of the head should be treated. The quarter to be dealt with may be parted by three lines in each direction, so as to form twelve squares, and into each of these a piece of ointment the size of a pea rubbed with the finger. On the fifth day the head is again washed with soap spirit, and the same evening the first quarter of the head treated with ointment. The dandruff rapidly disappears under such treatment. To begin with, more hair than usual may fall out, owing to the rubbing; but, as a rule, less and less falls out, until after four to six weeks of treatment, it altogether ceases to do so. Then we take the next step, that of prescribing a hair wash, its choice depending upon whether we are dealing with a fatty or dry hair. In the former case we give an alcoholic hair wash, to which are added

various substances for promoting a growth. Should the hair be dry, we use the same substances, with castor-oil instead of spirit. A few examples may suffice :

Wash for a Fatty Hair.

(114) ℞	Ac. tannic. ...	...	2·5	gr. xl.
	Resorcini ...	...	0·2	gr. iii.
	Spt. lavand. } Spt. rosmar. }	āā	100·0	āā ʒiii.

The tannin may cause a slight dermatitis, in which case one should use—

(115) ℞	Tr. canthar.		2·5-5·0-10·0	gtt. xl.-lxxx.
	Spt. lavand. } Spt. rosmar. }	āā	100·0	āā ʒiii.

Wash for a Dry Hair.

(116) ℞	Chloral. hyd.	...	10·0	ʒiii.
	Ol. ricini	...	10·0-20·0	ʒiii.-ʒvi.
	Aq. dest.	...	200·0	ʒviii.

More or less oil may be added, according to the requirements of the individual case.

A hair-wash containing both oil and spirit for prolonged use may be mentioned :

(117) ℞	Resorcini ...		5·0-10·0	ʒi.ss.-ʒiii.
	Balsam. peruv.	...	0·5	gtt. viii.
	Ol. ricini ...	...	45·0	ʒi.ss.
	Spt. lavand. } Spt. rosmar. }	...	āā 75·0	āā ʒii.ss.

Special stress must be laid upon the prolonged duration of the treatment.

Space forbids us to make any but the briefest mention of the many so-called remedies for baldness. I will note a few with which the names of famous dermatologists are associated:

(118) ℞ Pilocarp. nitras ...	2·0	gr. xxx.
Quin. hydrochlor.	4·0	gr. lx.
Sulph. præcip. ...	10·0	gr. cl.
Balsam. peruv. ...	20·0	ʒvi.
Medull. bovin. ...	100·0	ad ʒiii.

—Lassar.

(119) ℞ Sod. bicarb. ...	10·0	gr. cl.
Ung. emoll. ...	50·0	ʒii.

—Pohl-Pincus.

(120) ℞ Tinct. benzoes ...	15·0	ʒiv.
Spt. æth.	100·0	ʒiii.ss.

—Hebra.

(121) ℞ Ac. carbol. liquef. ...	0·15	gtt. iii.
Glycerini	15·0	ʒiv.
Spt. vini	100·0	ʒiii.ss.

—Kaposi.

(122) ℞ Ac. carbol. liquef.
Balsam. peruv. } āā 5·0 āā ʒi.ss.
Spt. lavand.
Spt. vini gallici ... 300·0 ʒix.
—J. Neumann.

(123) ℞ Sod. bicarb. ... ... 2·0-4·0 gr. xxx.-lx.
Aq. dest. ... ... 180·0 ʒvi.
—Pohl-Pincus.

Many recommend a 10 per cent. camphor spirit. In any case the two important points to observe are—

1. Treatment must be commenced early ; and

2. It must be persisted with for a considerable time.

If these are attended to there will be fewer failures.

Whilst it is frequently incumbent upon us to preserve hair, it occasionally falls to our lot to remove it, as in case of *hirsuties* affecting women. A great number of ladies are disfigured by the growth of superfluous hair on the upper lip, cheeks, chin, or neck. Naturally it is more conspicuous in brunettes

than in blondes. Those affected are often so sensitive as to their defect that they wish the hair removed, and it is usually the face that we are called upon to treat.

There is only one method which, in spite of certain disadvantages, offers the possibility of immediate cure, namely, *electrolysis.*

The operation may be carried out by any medical man. All that is required is a galvanic battery with a rheostat and galvanometer. The positive pole is connected with a large electrode, which the patient takes in his hand, whilst to the negative pole is attached a holder which carries the fine electrolysis needle. Personally I use the "Englischen Zapfenreibahlen," * which are cheap and easy to manipulate, but instead one may employ platinum or iridium needles. The patient sits on a comfortable chair, and the operator introduces his needle into the follicle of each superfluous hair. The current is closed by the key on

* These may be procured from the firm of Hagenmeyer and Kirchner, Unterwasser Strasse 9A, Berlin.—*Trans.*

the needle-holder, and a few seconds later bubbles of hydrogen appear at the site of the puncture. After waiting half a minute to one minute, the needle is withdrawn, and the next hair attacked in similar fashion. By means of epilation forceps the hairs are drawn out about a quarter of an hour after this treatment. If the hair has been touched by the needle it is easily withdrawn ; otherwise its removal will be difficult and painful. After introducing the needle, one may either slowly increase the current by means of the rheostat, up to the highest limit the patient can bear, or else gain from previous experience the amount of current which answers best. Sometimes it facilitates matters if the patient takes the electrode in both hands, or grasps it only after introduction of the needle. In many cases the pain is trifling. For my own part, I make it a principle to use only as much current as the patient can comfortably bear, an amount which differs in each case. I have taught many women how they may carry out treatment themselves. They stand upon a specially-con-

structed electrode, and introduce the needle by the aid of a mirror.

We desire, of course, a permanent epilation when we attack the hair papilla. Herein lies the great disadvantage of the method. We cannot be certain of reaching the papilla, as we are unable to see it through the skin, and the direction of the hair follicle may be perpendicular or oblique. Experienced operators have about 50 per cent. of failures; that is to say, about fifty hairs grow again out of a hundred treated by electrolysis.

Yet it is the only method which I can feel justified in recommending. Certainly it has the above disadvantages, but in the hands of a fairly dexterous operator can at least do no harm. Cosmetically the result is perfect, and, after removal of the hair, leaves the skin smooth and normal. Nothing is left to mark the position of the hair, and, above all, there is no scar to be seen.

There is a second method which has been recommended for the treatment of hirsuties —the *Röntgen rays*.

When this property of the rays became known, we looked to them with great hope as a means of dealing with superfluous hair. But, after extended and repeated trials, I can only utter a warning. Apart from burns, which can now be avoided if care is taken, I have seen, as a result of this treatment, atrophy, telangiectasis, and even pigmentation of the face—much graver cosmetic defects than any growth of hair would have been.

Let me quote the opinions of two other observers. H. E. Schmidt (*Deutsche Med. Woch.*, 1905, No. 17) writes: "By the application of weak Röntgen rays we may cause the hair to fall out without injuring the skin. The baldness is, however, only temporary, the hair growing again in a period of six to eight weeks. If the loss of hair is to be lasting, the Röntgen treatment must be persisted in for a long time, applied every four or six weeks, until, after a year or two, the hair follicles are destroyed. It is, however, impossible to attain this object without affecting the rest of the skin, which

has a white, smooth, and atrophic appearance. One may only employ the rays in selected cases of hypertrichosis. Severe erythema and moist dermatitis may result. It appears that severer reactions than those mentioned above may result, such as punctate telangiectasis, and in dark persons spotted and striped pigmentations. The latter may fade a little after some months. Cases of hypertrichosis, in which one does not wish to employ the painful and uncertain method of electrolysis, may be treated by Röntgen rays, but great care must be exercised, and the patient warned, before the beginning of the treatment, that atrophy of the skin will probably follow."

Kienböck, writing on the same subject (*Archiv f. Dermatol.*, Bd. 82), referred to fifteen cases of hypertrichosis treated by the rays. In five baldness was achieved without any bad effect, atrophy of the skin occurred in eight, cyanosis in two. After these experiences he confined his Röntgen-ray treatment of hypertrichosis to thick, disfiguring black growths of beard. Telangiectasis

was of fairly frequent occurrence. In case of blonde young persons, the risk of dermatitis, and the other results which we have mentioned, constitute serious obstacles to this method of treatment.

Here I should like to remark that electrolysis, in spite of its drawbacks, does not stand alone as a commendable method of treating hypertrichosis. If the patient for any reason wishes a palliative treatment, he may be encouraged to try a *depilation paste.*

These can by their chemical action remove hair without injuring the skin. For such purposes one uses sodium or calcium hydrate, or orpiment. They are applied in the form of a paste for ten to fifteen minutes, and the softened hair then removed with a spatula. Should the skin be at all inflamed, a cold cream may be rubbed in. We may mention a few depilatories :

(124) ℞	Calc. ust.	... ...	8·0	gr. cxx.
	Orpiment	... ...	1·0	gr. xv.
	Liq. potass. / Album ovor.	...	q.s.	q.s.

F. pasta mollis.

(*Débay's Depilatory.*)

(125) ℞ Barii sulph. ... ... 10·0 gr. cl.
Zinci oxid. } ... ... āā 15·0 āā ʒss.
Amyli }

Mix with water to form a paste (Paschkis).

(126) ℞ Calc. hyd. sulph. in aqua 20·0 ℥vi.
Ung. glycerini } ... āā 10·0 āā ʒiii.
Amyli }
Ess. citri ... ... gtt. x. gtt. x.

Sig.: To be spread on in a layer 1 to 2 millimetres thick, and washed off in ten to thirty minutes (Reveil, Martius, Böttger).

(127) ℞ Calc. hyd. ... ... 30·0 ʒi.
Orpiment pulv. ... 5·0 gr. lxxv.

Make into a soft paste with water.

(*Oriental Depilatory.*)

Occasionally we are called upon to supply a *hair-dye* for early greyness. To attain a perfect cosmetic result, these must be easy to use, and must dye the hair evenly in a short space of time. They should, of course, contain no harmful ingredients, and in this connection a warning note must be uttered against the much-vaunted dyes sold in shops under various fancy names, which not infrequently set up a severe artificial derma-

titis. I grant that many persons employ them with good results, yet the resulting inflammations of the skin are of such an unpleasant nature that I can say no word in their favour. We have no right to be satisfied with such articles, whose composition is a trade secret of the inventors, and which consist mainly of lead preparations. On the contrary, we can achieve a like result by simpler applications.

One may recommend hair-oils consisting of animal fats, darkened by means of an extract of walnut shells:

(128) ℞ Cortic. jugland. reg. contus.	60·0	ʒii.
Gallar. contus.	15·0	ʒiv.
Carbon. salic.	4·0	ʒi.
Sod. chlorat.	15·0	ʒiv.
Cortic. aurant. siccat. conc.	30·0	ʒi.
Aq. fontan.	1500·0	ʒl.

Coque ad consistentiam unguent.

Or the following combination of oil and nut extract:

(129) ℞ Nuc. jugland.	500·0	℥xvi.
Contund. et adde:		
Alum crud.	250·0	ʒviii.
Ol. olivar.	750·0	ʒxxiv.

Digere leni calore cola,

To obtain a black dye we use the following pomade :

(130) ℞	Axung. porc.	...	75·0	ʒi.ss.
	Ceræ alb. ...	...	15·0	ʒiv.
	Liquef. semirefrigerat., adde :			
	Ebur. ust. ...	...	15·0	ʒiv.

A further agent is to be found in *lunar caustic*, either as :

(131) ℞	Argent. nit.	...	1·0	gr. xv.
	Pot. caust. ...	...	0·25	gr. iv.
	Solve in aq. rosar. q.s., adde :			
	Ung. pomadin. ordin.		30·0	ʒi.

or in the form mentioned by Paschkis :

(132) ℞	Argent. nit. / Tartar. depur.	...	āā 1·0	āā gr. xv.
	Ammon. pur. liquid.		2·0	gr. xxx.
	Ung. rosat.	...	30·0	ʒi.

If we cannot produce the desired effect by means of the above formulæ, we may resort to the combined use of silver nitrate and pyrogallic acid. This enables us to arrive at any tint from very fair to brown and deep black, according to the concentration of the solution employed. One may pass from

weak to strong concentrations until the desired colour is arrived at. The pyrogallic acid solution is of constant strength, and is labelled Solution I., whilst Solution II., which contains the nitrate of silver, varies according to the result desired:

Solution I.

(133)	℞ Acid. pyrogallic.	...	0·5	gr. viii.
	Spt. vini conc.	...	12·0	ʒiii.ss.
	Aq. dest. ...	...	38·0	ʒxi.

Solution II. Light Brown to Fair.

(134)	℞ Argent. nit.	...	1·0	gr. xv.
	Ammon. pur. liquid.		3·0	gr. xlv.
	Aq. dest. ...	...	28·0	ʒi.

Solution II. Brown.

(135)	℞ Argent. nit.	...	1·5	gr. xx.
	Ammon. pur. liquid.		4·5	gtt. lxx.
	Aq. dest. ...	...	26·0	ʒvii.

Solution II. Black to Dark Brown.

(136)	℞ Argent. nit.	...	2·5	gr. xxxv.
	Ammon. pur. liquid.		7·5	ʒii.
	Aq. dest. ...	...	22·0	ʒvi.

The instructions for use are as follows: The hair is first washed with a weak soda solution. This is bathed off with warm water, and the head dried with a fine towel,

and then rubbed with white sandpaper. It is next brushed with a fine toothbrush, soaked in Solution I. until the dye has been evenly communicated to it. Five minutes later one brushes in Solution II. on a second toothbrush, care being taken that the liquid penetrates to the skin. Its even distribution is assisted by combing.

One cannot lay down any general rule as to how often the solutions should be applied, the frequency depending upon the individual case. Great care and patience must be exercised if one wishes to produce a good stable colour, and the art can only be learned by experience. If the silver solution has affected the skin, any black spots may be removed with potassium iodide.

A *blonde tint*, such as some mothers try to produce in their children's hair by brushing it with vinegar, lemon-juice, or camomile-tea, and by avoiding fatty applications, may be conferred by the use of weak hydrogen peroxide or potassium permanganate.

(137) ℞ Pot. permang.	...		5·0	grs. lxxv.
Aq. dest.	...	...	95·0	℥iii.

The hair being first washed and dried as above, and the solution brushed on, it is combed until an even colour is produced. Any remaining spots may be treated with soap and a 4 per cent. solution of sulphite of soda. If the hair is already fair, the application will require to be renewed frequently, as the effect rapidly passes off.

Lastly I shall refer to *powders for the hair*, whose aim is to make the hair match the complexion or to produce a striking appearance. On the other hand, powdering of the hair is practised in order to prevent its matting during illness, and for the sake of making an oily hair more beautiful. One may order—

(138) ℞	Rad. irid. florent.	...	20·0	ʒv.
	Talc. venet.	...	30·0	ʒvii.ss.
	Amyl. oryzæ	...	50·0	ʒxii.ss.
	Tr. moschi	...	0·5	gtt. viii.
	Ol. citri Ol. bergam.	}	āā gtt. v.	āā gtt. v.
	Ol. aurant.	...	gtt. ii.	gtt. ii.

IV

COSMETICS OF THE NAILS

This subject we will deal with in brief.

The smoothness and gloss of the nails is increased by rubbing them with lemon-juice, vinegar, or weak mineral acids, but their too frequent use may cause a drying of the nail fold, and painful cracks round about it.

These, when they occur, should be anointed with one of the previously mentioned creams.

In order to hide white spots in the nail substance (leukonychia) one uses a polishing powder—for example :

(139) ℞	Stanni oxydat. levigat.		10·0	gr. cl.
	Ess. lavand.	} ...	q.s.	q.s.
	Carmino tinct.			

—Paschkis.

Lastly let us shortly refer to—

V

COSMETICS OF THE MOUTH

Too great emphasis cannot be laid upon careful examination to determine whether we are dealing with a disease of the lips, the gums, or the teeth. As O. Witzel (*Deutsche Med. Woch.*, No. 46, 1905) condemned indiscriminate painting of the gums with tincture of iodine for all diseases of the teeth, we, too, must warn the reader not to use any of the numerous and much-vaunted applications until he has found out whether or not actual disease is present in the mouth. This must, of course, be treated in the first instance. We have already (Recipes 38, 39) suggested a lip pomade for rhagades in this region. Paints also play an important rôle in the toilet of the lips, as by their use a large mouth may be made smaller, a small

one larger, a drooping corner of the mouth more pleasing, lips too broad made narrower, and *vice versa*.

Should the gums be pale, spongy, lax, and easily bleed, one may resort to a *tooth-tincture*. These contain astringent substances, such as tannic acid, in alcoholic solution—*e.g.*:

(140) ℞	Ac. tannic. } Ac. salicylic. }	...	āā 2·0	āā gr. xxx.
	Spt. vini ...	...	100·0	ʒiii.ss.
	Ol. menth. pip.	...	1·0	gtt. xvii.
	Ol. caryophyll.	...	0·3	gtt. v.
(141) ℞	Tr. myrrhæ } Tr. rhataniæ }	...	āā 15·0	āā ʒiv.
	Tr. cinnam.	...	7·5	ʒii.
	Spt. lavand.	...	75·0	ʒii.ss.
(142) ℞	Tr. chinæ } Tr. rhatan. }	...	āā 15·0	āā ʒiv.
	Ol. caryophyll.	...	gtt. v.	gtt. v.

The number of *tooth-powders* is legion. A good powder should have a suitable colour and a pleasant taste and smell, and possess the property of cleansing and preserving the teeth. Precipitated chalk, orris-root powder,

magnesia, or pumice-stone powder, may form the basis, the taste being improved by the addition of saccharin or liquorice, since sugar is harmful to the teeth.

(143) ℞	Magnes. carb.	...	20·0	ʒv.
	Calc. carb. præc.	...	80·0	ʒxx.
	Sap. med. pulv.	...	15·0	ʒiv.
	Ol. menth. pip.		gtt. xxx.	gtt. xxx.

(144) ℞	Cort. chin. fusc.	...	10·0	gr. cl.
	Lign. santal. rub.	...	45·0	gr. dcc.
	Alum. crud.	...	5·0	gr. lxxv.
	Ol. caryophyll. / Ol. bergam.		āā gtt. viii.	āā gtt. viii.

M. ; ft. pulv. subtilissim.

(*Hufeland's Tooth-powder.*)

(145) ℞	Rad. irid. flor.	...	11·5	gr. clxx.
	Crem. tartar.	...	15·0	gr. cc.
	Cort. chin. fusc. / Cort. cinnam.	...	āā 2·0	āā gr. xxx.
	Ol. menth. pip.	...	gtt. iii.	gtt. iii.
	Ol. amygdal. amar.		gtt. ii.	gtt. ii.
	Ol. rosar. ...	...	gtt. i.	gtt. i.

M. ; ft. pulv. subtilissim.

Tooth-pastes are made by mixing tooth-powders with sufficient glycerin, syrup, or honey, to form a soft mass, or with enough

spirit of wine to produce a hard cake. Hard tooth-pastes mostly contain 20 per cent. of soap, and are called tooth-soaps.

ODONTINE (WINKLER).

(146) ℞	Pulv. conch.	...	1·5	gr. xxii.
	Pulv. lapid. pumic.		1·0	gr. xv.
	Adde sensim :			
	Syr. sachar. ...	...	4·0	gr. lx.
	Ol. menth. pip.	...	0·2	gr. iii.
	Spt. vini rect.	...	2·5	gr. xl.

Or—

(147) ℞	Rad. irid. pulv.	...	7·5	gr. c.
	Sap. hispanic.	...	12·5	gr. clxxx.
	Adde successive :			
	Ol. caryophyll.		gtt. viii.	gtt. viii.
	Aq. dest. / Spt. vini rect.	...	āā 5·0	āā ʒi.ss.

In order to convey to the mouth a clean smell, one may use a *mouth-wash*, which is in most cases a perfumed and sweetened lotion. Certain of them are alcoholic solutions of volatile oils, forming with water a turbid milky fluid, and frothing in the mouth. The object of all these preparations is to destroy harmful substances and leave a pleasant taste in the mouth. There are

those which neutralize the alkaline saliva; others having an astringent effect upon the mucous membrane; and the antiseptic group, containing volatile oils. Those last are characterized by the smallness of their dose, so that they are used mainly on account of the pleasant smell they impart to the breath. The use of mouth-washes must be stopped when in certain individuals they produce perioral eczema. As antiseptic ingredients may be mentioned creosote and certain vegetable acids; as deodorizers, chloride of calcium and permanganate of potash. The latter, apart from the fact that it imparts a brown colour to the teeth and mucous membrane of the tongue, is an excellent application. A combination of chlorate of potash and borax is often efficacious in removing from the mouth any unpleasant taste. Any of the following mouth-washes may be used by adding a teaspoonful to a glass of water.

(148) ℞ Sacharin.
Sod. bicarb. } ... āā 5·0 āā gr. lxxv.
Ac. salicyl.
Spt. vini rect. ... 150·0 ʒiv.

MULLER'S MOUTH-WASH.

(149) ℞	Thymol. ...	...	0·25	gr. iv.
	Ac. benzoic.	...	3·0	gr. xlv.
	Tinct. eucalypt.	...	12·0	ʒiii.ss.
	Aq. dest. ...	...	750·0	℥xxiv.

SAHLI'S MOUTH-WASH.

(150) ℞	Ol. menth. pip.	...	5·0	gtt. lxxxv.
	Caryophyll. Cort. cinnam. Tinct. anis.	...	āā 10·0	āā ʒiii.
	Spirit. ...	...	1000·0	℥xxx.
	Coccionell. pulv.	...	5·0	gr. lxxv.

Diger. per dies viii.
Liquor. filtrat., adde:

	Salol. puriss.	...	2·5	gr. xxxv.

We can recommend the following pastilles:

(151) ℞	Coffeæ pulv.	...	11·5	gr. clxx.
	Carbon. til. pulv. subtil. Sachar. alb. pulv. Vanill. aromat.		āā 4·0	āā ʒi.

Forma c. mucilag. gummi arab. et rad. althæa q.s. pastill. pond. gr. xv.

Instead of these, one may prescribe formamint tablets as sold, which contain the disinfectant formalin.

Lastly, for dryness of the mouth, as well as for the troublesome symptoms and pain of certain diseases of the tongue—as, for instance, Möller's glossitis superficialis chronica —Sahir tablets may be sucked with advantage.

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